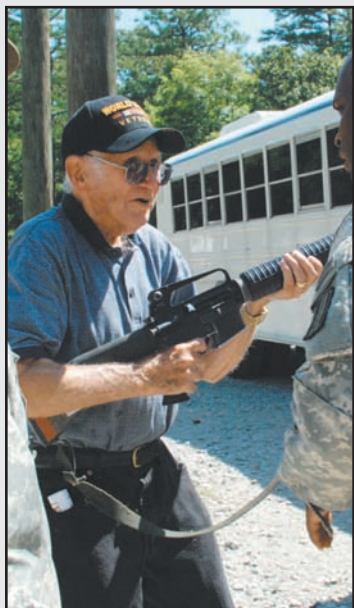


TRACKING ...

NEWS

CSM King set
to take over DSS
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World War II vets
visit Fort Jackson
PAGE 3

IN FOCUS



Torchlight Tattoo
sets sky ablaze
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The Fort Jackson Leader



Thursday, July 9, 2009

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Top-notch honor

3-13 NCO named Army Times Soldier of the Year

By **DELAWESE FULTON**
Fort Jackson Leader

For his valor and service, 1st Sgt. Peter Lara is being honored today as the 2009 *Army Times* "Soldier of the Year" at a reception in Washington.

The honor culminates several that Lara has received since a 2005 battle in Mosul, Iraq.

Lara, 36, was severely wounded in the conflict.

"I was shot in the head, arm, leg and neck ...," he said.

According to the award citation, Lara cleared the teeth and bone from his airway so that he could keep fighting.

A bullet had become lodged in his brain during the firefight, though he would not find out until afterward.

Even then, he said, he refused treatment

until he was sure his Soldiers were OK.

Lara, Company C, 3rd Battalion, 13th Infantry Regiment first sergeant, has been awarded the Silver Star, Bronze Star and the Order of St. Maurice. The Order of St. Maurice is awarded by the National Infantry Association. There are five levels of the Order of St. Maurice. Lara received the Centurion award, the second highest level.

Despite his awards, Lara gives much of the credit to his fellow Soldiers of the 172nd Striker Brigade's 2nd Battalion, 1st Infantry Regiment.

It was the Soldiers in his platoon, he said, who got him to safety during the assault.

Lara said he is among 17 Soldiers in his



LARA

platoon to have received a Purple Heart.

Lt. Col. Randall Harris, former battalion commander of the 3rd Bn., 13th In. Reg., said he is not surprised that Lara was named "Soldier of the Year."

"He is a hardworking leader who has never let his combat injuries slow down his determination or desire to train soldiers," Harris said.

He added, "He is one of the toughest and hardest working infantryman I have worked with."

According to a citation provided to the *Army Times*, Lara set aside his own health issues and made helping other wounded Sol-

See **Soldier**: Page 8

Splish splash



Photo by **CRYSTAL LEWIS BROWN**

Bradley Rogers, 5, splashes around in Fort Jackson's Legion Pool Monday. Bradley, who was joined by his older brother and parents, was among the many patrons beating the heat by taking a dip in the pool.

Community tours a win-win situation

Last fall, when we began inviting citizens from Columbia and our outlying communities to come "See Your Army" by taking a Community Outreach Tour, I was feeling such a great sense of pride in our installation. We were having company, so to speak, and the community was our guest. It doesn't get any better than this, I thought at the time.

Fast forward some eight months later, and I see that things just keep getting better.

My proud feelings about our post were amplified last week, when we conducted our first special tour for local veterans who served during World War II — the Honor Flight veterans group.

I can't tell you what a heartwarming sense of bonding it is to be able to host our World War II veterans and show them all of the great things we do here in the present day. This Honor Flight tour offered our WWII veterans an opportunity to observe a Basic Combat Training graduation at Hilton Field, where they were recognized at the ceremony. They also had a chance to see the Confidence Course in action, an opportunity to tour one of our barracks and eat in a dining facility.

The Honor Flight Fort Jackson tour was just the beginning of something we want to continue into the future.

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



The purpose of the visit was not only to acknowledge those veterans but also to share with them a little about the training we do here and to continue to show them the respect that they have earned.

The Honor Flight Fort Jackson tour materialized thanks to some tremendous support and hard work from Bill Dukes, a successful local restaurant entrepreneur and founder of Honor Flights South Carolina. Bill and retired Maj. Gen. Steve Siegfried deserve a lot of credit for all the remarkable work done over the past year. Both have sacrificed an incredible amount of time and energy launching the Honor Flight program, which provides an opportunity for World War II veterans to fly to and from

the nation's capital and visit the World War II Memorial. The trips are funded by Honor Flights South Carolina, which is financed through donations.

Among last week's visitors to Fort Jackson was Col. Charles Murray, a World War II hero who was awarded the Medal of Honor for his actions. Murray is a frequent visitor here and continues to show his support for our mission.

I can't say how pleased I am with the Community Outreach Tours in general. We have some really great neighbors, and we have had the privilege of meeting about 250 of them over the past eight months or so.

The tours are designed to provide local citizens an up-close look at what we do here at the Army's Basic Combat Training Center of Excellence. The tours provide the average Columbia area citizen with a better understanding of what is going on at the Army's largest initial training installation.

Each month, a six-hour tour is conducted, highlighting the day-to-day operations of Basic Combat Training. Both of these community initiatives are designed to show our citizens and local veterans what America's Army is all about — all of which equals a win-win situation.

Army Strong!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Web site www.fortjacksonleader.com

Weston Lake; NATO medals; out-processing; new GI Bill

I am looking for something my family and I can do here on Fort Jackson on the weekends. What does Fort Jackson have to offer?

Family and Morale, Welfare and Recreation has a small recreation area at Weston Lake. Weston Lake offers the experience of a great outdoors getaway without the drive.

Located on Fort Jackson, Weston Lake is only a five minute drive from Gate 5. Weston Lake is the place for an afternoon picnic, a day of beach swimming or a waterfront cabin for a long weekend.

The swimming area is open Thursday through Sunday, 10 a.m. to 6 p.m. There are also a sand volleyball area and state-of-the-art playgrounds. Paddleboats, kayaks and canoes are also available for use. Larger powered boats, including a pontoon, john boats, and jet skis, are available to those over 18 with a DoD ID.

For more information, visit <http://www.fortjackson-mwr.com/weston/> or call 751-5253.

I recently returned from a deployment where I was awarded my second NATO Medal. How do I wear the medal to signify the second award?

A bronze service star is attached to the NATO Medal suspension ribbon and service ribbon to recognize subsequent awards (if approved by the Secretary of Defense) in different NATO operations. See AR 600-8-22, Military Awards, paragraph 9-11(e) for additional guidance.

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



Why are Soldiers required to clear the installation before moving on PCS orders?

In accordance with AR 600-8-101 (3-2,c1), "The out-processing program supports implementation of the Army's debt management program. No Soldier owing debts to the U.S. government or its instrumentalities will be cleared for departure until either the debts are paid or the Soldier's unit commander and local finance officer are notified."

GARRISON FACT OF THE WEEK

Service members are eligible for the new Post-9/11 GI Bill even if they have not paid into the previous GI Bill. However, benefits will be determined by the actual amount of accumulated post-9/11 service time.

To submit questions, call 751-2842, or e-mail scott.nahrwold@conus.army.mil.

CONTACTING THE LEADER

To contact the *Leader* about story ideas or announcements, e-mail FJLeader@conus.army.mil.

Army names next DSS commandant

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

The 369th Adjutant General Battalion's Command Sgt. Maj. Teresa King has been chosen to be the next commandant of the Drill Sergeant School.

The assignment makes King the school's first female commandant.

King, who said she learned of the selection a few weeks ago, will replace Command Sgt. Maj. Gary Newsome.

The Clinton, N.C.-native said the appointment is ironic. The 28-year Army veteran enlisted in 1980, and she found herself going to DSS three years later as a specialist.

"I went to Drill Sergeant School before I went to my basic school for my (military occupational specialty)," she said. "The Drill Sergeant School has set the foundation for my training, so it's ironic that I'm going home."

Despite her rank, she said she was expected to perform like the rest of the students.

"They held me to the same standards that they held the (other) drill sergeants," she said.

Her graduation was held in the morning, she said, "and I was on the trail that afternoon."

King said it is important to note that a hard worker will shine, regardless of gender.

"It really doesn't matter if you're male or female," she said. "If you ... enforce standards, people will respect you."

King said it has not really set in that she will be the first woman to hold the school's top spot, but said she hopes the selection will encourage other women.

"Because I'm doing it ... that means another female command sergeant major can do it," she said. "I think it's



KING

them as they lead, mentor, counsel and train America's finest,

"There's nothing else that can compare to that."

Crystal.Y.Brown@us.army.mil

going to set the bar higher for them. Not just for drill sergeants but for other female Soldiers."

Even now, she said, being selected as commandant is a surprise.

"It's sort of one of those moments of ... utter disbelief," she said.

She added that she is honored and humbled by the selection, and is grateful for the chance to take the reins.

"I feel like I'm chosen to lead a noncommissioned officer who is charged with a high degree of responsibility. I'm responsible for

Fort Jackson welcomes World War II veterans

By **KARA MOTOSICKY**
Public Affairs Office

A group of World War II veterans got a taste of modern Basic Combat Training and shared memories of their own experiences during a July 2 tour of Fort Jackson with Honor Flight South Carolina.

The group, ranging in age from 81 to 93, served in all different branches during the war.

The veterans, who included ex-prisoners of war and retired Col. Charles Murray, Medal of Honor recipient, were welcomed enthusiastically by the Fort Jackson community.

"People have been great," said Wallace Starnes of Columbia. "Everything has been so impressive, especially the graduation."

A number of the veterans passed through Fort Jackson on the way to war.

"Even if they didn't train here, many were at least inducted into the military at Fort Jackson," said Bill Dukes of Honor Flight.

The veterans commented on a few of the changes in the years since they were in the military.

One of the biggest differences noted by the group was gender-integrated training, a new concept for many of the veterans.

They also took notice of the change in accommodations.

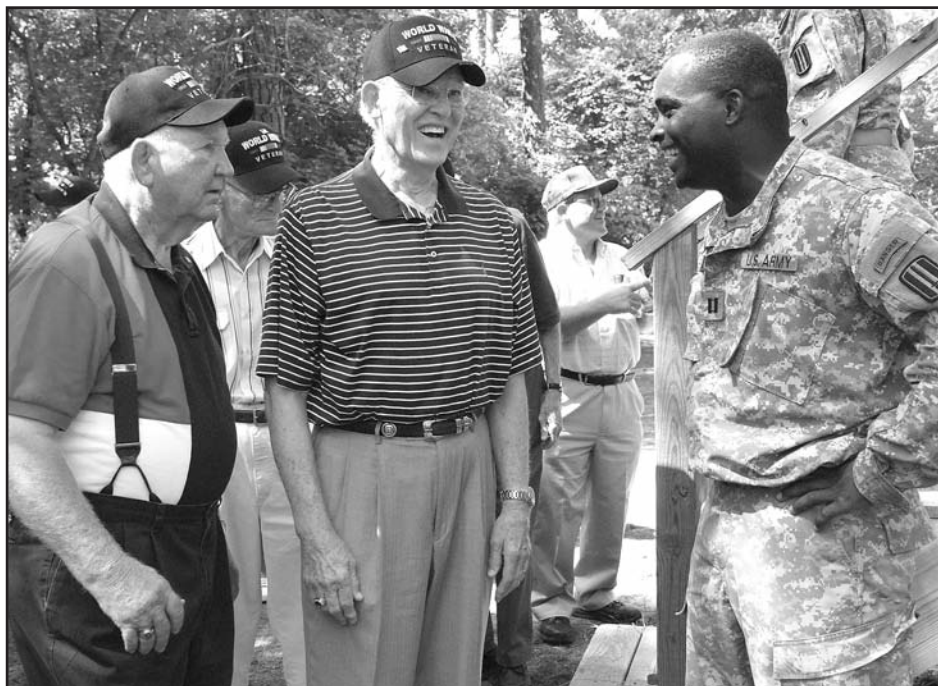


Photo by KARA MOTOSICKY

Capt. Rodney Jackson, Company A, 3rd Battalion, 60th Infantry Regiment commander, answers questions from World War II veterans during an Honor Flight tour stop at the Confidence Course July 2.

"We had wooden barracks — if we were lucky," noted Lawrence Stroman of Batesburg. "A lot of guys slept in tents."

"Without air-conditioning," piped up another voice from the back.

Another big change?

"KP duty," said Frank Bouknight Sr. of

Prosperity, referring what was called kitchen police or patrol.

Stroman quickly agreed. "Everyone had to do KP duty," he said.

As the group departed Fort Jackson at the conclusion of the tour, one veteran stopped to express his thanks to the escort.

"I had a great time," he said, "Thank you so much."

Then he turned to his battle buddy next to him and continued the story he had begun on the bus.

"I remember when"

Kara.Motosicky@us.army.mil

CAMPAIGN PLAN FOCUS



Community outreach is recognized in the Fort Jackson campaign plan under 6.3 on the strategy map. Strategic communication is considered an important aspect of quality of life, one of the campaign plan's three lines of operation.

New 'Rock Force' commander



Photo by CRYSTAL LEWIS BROWN

Lt. Col. Bryan Hernandez accepts the colors of the 3rd Battalion, 34th Infantry Regiment from Col. Brian Reinwald, commander of the 165th Infantry Brigade, during a Change of Command ceremony yesterday at the Officers' Club. Hernandez replaces Lt. Col. Reginald Cotton.

Housing Happenings

❑ A Town Hall Meeting for residents of the Single Soldier Complex is scheduled for July 22, 5:30-7 p.m. at the Solomon Center.

❑ Remember to consult your resident guide this summer. Please refer to the following policies: Trailers, boats, etc. — Page 26; toys in yard — Page 30; litter control — Page 25; mistreatment of playgrounds — Page 29; swimming pool policies, Page 32.

❑ In order to keep the community beautiful, all abandoned toys, bikes, clothing, etc. will be picked up by Balfour Beatty Communities staff and placed in a lost and found. If you are missing an item, please contact the maintenance shop at 787-6416.

❑ LifeWorks events are always free and open to all residents. To register, or for more information, contact Courtney at 738-8275 or e-mail CoWilliams@bbcgrp.com. Join the LifeWorks e-mail list and stay informed. Send your contact information to Courtney today.

❑ June Yard of the Month nominations are currently being accepted. Call 738-8275 or e-mail your nominations to

CoWilliams@bbcgrp.com.

❑ Lease renewals are being accepted for those with leases expiring July 31. Get extra money just for renewing your lease. Call the Community Management Office today to schedule an appointment.

❑ Balfour Beatty Communities is now leasing to single Soldiers E6 and above. There are a limited number of apartments available on Thomas Court for single Soldiers. Contact the Community Management office for details. If you refer someone and they move in, you will receive \$300.

❑ Balfour Beatty Communities is fine tuning its emergency voice broadcasting system. Please be sure to have current phone numbers on file in case of an emergency. Share this information with your neighbors.

❑ Balfour Beatty Communities now has a fully furnished model home available for viewing. The home features the upgrades that are currently being installed in both vacant and occupied homes. Contact the office to schedule a tour of the model home.

❑ Grading and infrastructure continues in the PT3 and PT6 areas. The slab has been poured for the community center. Building slabs in PT3 are scheduled to be poured this week.

Asbestos abatement is ongoing in PT6 with the last portion of the area to start demolition next week. Asbestos abatement is ongoing in the PT 2 area. To date, 64 demolitions have been completed in PT3 and PT6.

❑ Grading and site work continues in the CGO area.

❑ Grading and site work continues in the FGO area. Dirt continues to be imported to the area to raise and level the surface before infrastructure work can begin.

❑ The senior officer area continues with buiding pads, concrete and plumbing infrastructure. Framing is scheduled to begin next week.

❑ Parents are reminded to keep children away from the fenced in areas as construction continues. With abatement and demolition, the structures can become weakened and could cause serious injury.

Guest speaker series presents John LeMoyne

By SUSANNE KAPPLER
Fort Jackson Leader

The Leadership and Training Guest Speaker Series enters its third round with a presentation by retired Lt. Gen. John LeMoyne July 21, 3-4:40 p.m. at the 81st Regional Support Command, 1525 Marion Ave.

LeMoyne enlisted into the Army as a private in 1964 and retired a lieutenant general in 2003 as the Army's chief of human resources and personnel. He served in combat during the Vietnam War, Operation Joint Cause and Operation Desert Storm.

LeMoyne is a past commander of the Army Infantry Center at Fort Benning, Ga.

Capt. Ric Haeussler, Fort Jackson strategic planning office, said LeMoyne's vast experience makes him an ideal candidate to speak during the series.

"He has a very good perspective from the 30 plus years of service about the changes that have happened in the Army," Haeussler said.

The guest speaker series allows Fort Jackson Soldiers and civilians to learn from the experiences of past Army leaders.

"It provides a very good perspective of tradition," Haeussler said. "It's a good (tool) for those who are in TRADOC to get a very high level take on where the Army has been."

The series started in February with a presentation by retired Lt. Gen. William Bolt and continued in April with a visit from retired Lt. Gen. Russel Honore.

Haeussler said those who attended the first two lectures enjoyed them.

The leadership series is open to Soldiers in the rank of captain or first sergeant and above and to civilian leaders.

Susanne.Kappler1@us.army.mil



LEMOYNE

CAMPAIGN PLAN FOCUS



The Leadership and Training Guest Speaker Series is part of leadership development, which is a campaign objective (3.0 on the strategy map) of the Fort Jackson campaign plan. The program falls under "Training," one of the campaign plan's three lines of operation.

LEADER DEADLINES

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the July 23 *Leader* must be submitted by July 16.

❑ Send all submissions to FJLeader@conus.army.mil.

Ammunition boosts safety

By **DELAWESE FULTON**
Fort Jackson Leader

The Army has standardized and improved the markings of training ammunition. Fort Jackson's first shipment of the new silver "dummy rounds" is scheduled to arrive this week.

For about 18 months, the Army has worked on developing a better system for distinguishing live ammunition from training ammunition, said Fort Jackson's ammunition manager Joseph Hein.

"There have been several incidents involving (Soldiers) mixing-up dummy and live ammo. At another installation, a Soldier was killed (because of such a mix-up)," Hein said.

According to an Operations Order, the Army made the determination that "training and dummy ammunition must be easily recognized so that even the most untrained Soldier can

immediately distinguish between a live round and a dummy round. ..."

Dummy rounds' casings are now silver in color, instead of copper. Also, two holes — opposite each other — have been drilled into the casings.

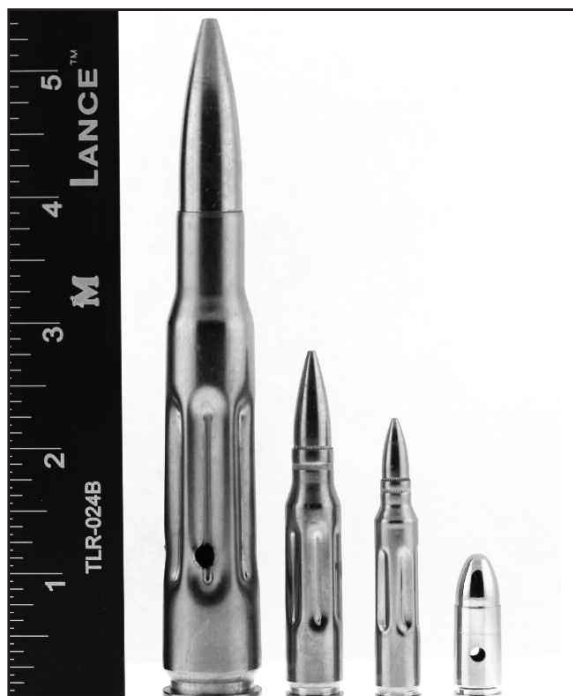
The change is effective for machine gun and rifle ammunition sizes 5.56 mm, 7.62 mm and 50 caliber.

Close to 30,000 rounds of the new 5.56 mm will be shipped to Fort Jackson this month, with the others slated to arrive sometime in 2010, Hein said.

Sgt. 1st Class Marquise Goodwin of Company B, 369th Adjutant General Battalion, applauds the Army's move to make dummy rounds more distinguishable for Soldiers.

"It's a good thing. Safety first always," said Goodwin, who is also Fort Jackson's 2009 Platoon Sergeant of the Year.

Delawese.Fulton@us.army.mil



Graphic courtesy DPTMS
The new dummy ammunition features a fluted cartridge case with three holes.

H1N1 update

As of Tuesday, there have been a total of 32 confirmed H1N1 cases since April. Moncrief Army Community Hospital is awaiting laboratory results in 45 other cases in which patients tested positive for Type A flu.

If a Fort Jackson patient complains of flu-like symptoms and tests positive for Type A flu on a rapid flu test, a lab specimen is forwarded to South Carolina Department of Health and Environmental Control for further evaluation.

The results are usually known within 24 to 48 hours. Until the results are returned, the patients are cared for in isolation.

Fort Jackson has been monitoring H1N1 flu cases since April. Fort Jackson's command group will continue to notify the community of any significant changes in the current situation.

First-time homebuyers benefit from tax credit

Did you know that the American Recovery and Reinvestment Act of 2009 authorizes up to \$8,000 to qualified taxpayers who are purchasing a home for the first time?

However, as with any great offer, there are several existing stipulations that determine your qualification. Listed below are some frequently asked questions regarding this tax credit.

WHAT IS THE TAX CREDIT?

Qualifying taxpayers who buy a home before Dec. 1 can claim up to \$8,000, or \$4,000 if married filing separate, on their tax return.

WHO IS CONSIDERED A NEW HOMEBUYER?

A new homebuyer is considered to be any taxpayer who has not owned a principal residence within three years prior to the date of purchase.

For example, if you have owned a principal residence since 2000, you do not qualify for the first-time homebuyer tax credit.

In addition, if you have never owned a home but your

FINANCIAL ADVICE

By **JOI TANN**
Army Community Services

spouse has owned a principal residence within the past three years, then neither you nor your spouse qualifies for the first-time homebuyer tax credit.

HOW IS THE AMOUNT DETERMINED?

A new homebuyer can receive a tax credit that is equal to 10 percent of the home's purchase price, but only up to a maximum of \$8,000.

If you are married filing separate, you can receive half of the tax credit amount up to a maximum of \$4,000.

ARE THERE ANY INCOME LIMITS?

The income limit is \$150,000 for married taxpayers filing jointly and \$75,000 for single taxpayers.

Homebuyers may qualify for a reduced tax credit with a modified adjusted gross income, or MAGI, of more than

\$75,000 for single taxpayers and \$150,000 for married taxpayers filing jointly.

However, single taxpayers whose MAGI is greater than \$95,000 and married couples with a MAGI that exceeds \$170,000 do not qualify for the tax credit.

DO I HAVE TO PAY BACK THE TAX CREDIT FOR THE HOME THAT I PURCHASED IN 2009?

You do not have to pay back the tax credit for a home purchased in 2009. However, there will be a full repayment requirement, if that home ceases to be your principal residence within 36 months from the date of purchase.

CAN I USE THE TAX CREDIT FOR RENTAL PROPERTY OR A VACATION HOME?

The tax credit only applies to a home purchased for principal residence in the year 2009. Therefore, vacation homes and rental property do not qualify for this credit.

For more information regarding the First Time Homebuyers Tax Credit or any other financial subject, call 751-5256.

Army expands use of government travel cards

By GARY SHEFTICK
Army News Service

WASHINGTON — Soldiers and Army civilian employees can now use their government travel charge card for relocation expenses when moving from one command to another.

The new Army policy became effective June 10, allowing the government charge cards to be used for permanent-change-of-station moves.

"Cardholders will benefit because of the convenience" of using the cards for PCS moves, said John J. Argodale, deputy assistant secretary of the Army for Financial Operations in his memorandum sent to Army commands June 9 along with implementing instructions for using the government travel charge card for PCS moves.

The cards can be used for transportation, lodging, meals, temporary quarters, subsistence expenses and approved house-hunting expenses.

"It has to be a reimbursable expense," said Frank Rago, Army Travel Charge Card program manager. He explained

that cardholders just can't charge all of their expenses when driving across country. Stopping at an amusement park en route with the family would be one example of a non-reimbursable expense where the card shouldn't be used. He said auto repairs and retail purchases are other examples.

"There has to be some education given to folks before they leave," Rago said, explaining that cardholders must check in with their agency program coordinator for a briefing and request their card be placed on a PCS status.

Upon arrival at their new duty station, cardholders must see the agency program coordinator so the account can be transferred to the new organization.

While the card is on PCS status, payment requirements are suspended. Payments will not be due until 30 days after the PCS period ends. Cardholders will not need to worry about delinquency or suspension of accounts during their PCS, Rago said.

In November, the government changed its travel card contract from Bank of America to Citibank.

More than 400,000 Soldiers and Army civilian employees now have government travel charge cards issued through

Citibank.

During the last two years of the Bank of America contract, a program was actually in place for cardholders to use their cards for PCS moves, Rago said. But he admitted not many employees knew about the program.

"It was a voluntary program then, and it's a voluntary program now," Rago said, adding that the card is recommended for use during PCS moves.

During the contract changeover, use of the card for PCS moves was suspended.

"We wanted to complete the transition before we put any new programs in place," Rago said.

Under the new program, travel advances for participating PCS travelers will only be issued using the charge cards.

The \$7,500 credit limit for standard cardholders can be increased by the agency program coordinator in advance of the PCS move, if necessary, in order to cover all reimbursable costs of the move, Rago said.

The cards also cannot be used for accession or separation moves, such as PCS moves in conjunction with retirement.

Soldier takes publication's top honor

Continued from Page 1
diers his priority. He assisted them with their paperwork, and made sure they attended physical therapy and doctor appointments.

Getting the *Army Times* award has been a "humbling experience," Lara said.

He said he appreciates that his service and that of his platoon in Iraq continues to be recognized.

"It's given me a lot of confidence," said Lara, who has served 17 years in the Army.

Despite his injuries, Lara said he will push forward to reach a goal of 20 years of service.

He also thanks his wife Shilo and their three children for being there for him. He is especially grateful to his wife. Lara said her strength through his multiple op-

erations, gave him the will to hang on.

He has had 35 surgeries altogether.

"All in all, the only reason I'm here is basically because of my wife and kids. I am alive because of her and my Soldiers," Lara said.

Lara's wife Shilo, Staff Sgt. Erick Corrales of the 3rd Bn., 13th In. Reg. and 1st Sgt. Ron Quinn of the Warrior Transition Unit in Europe were among several who nominated him for the award.

The "Soldier of the Year" award was established in 2001 by the *Army Times* Publishing Co. The award is given to service members who are the epitome of excellence, professionalism and

dedication to their country and community. *Army Times* and Military Times Media Group also recognize Sailor, Marine, Airman and Coast Guardsman of the year.

Army Times reporter Gina Cavallaro said Lara was the standout among "dozens of nominations."

Cavallaro said Lara's nominators commended him for continuing to serve in the Army despite his numerous injuries and always giving his best to every Soldier he helps train.

"(Peter Lara) is at once every Soldier and a standout among Soldiers because he's all about achieving his personal best and he inspires others to do the same," she said.

Delawese.Fulton@us.army.mil

I know — Huffelpuff!

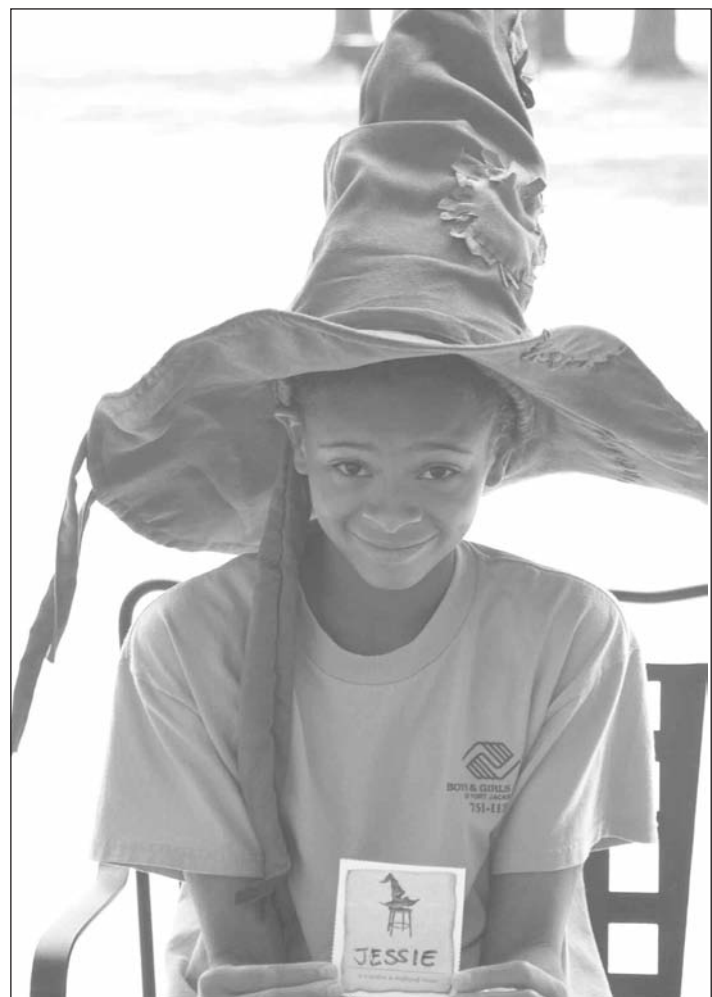


Photo by THERESA O'HAGAN,
Family and Morale, Welfare and Recreation

Jessie Edmond, 10, is sorted by the sorting hat into the house of Huffelpuff during an event of the summer program "The EDGE! Harry Potter's Magical Adventure." The group meets Mondays and Wednesdays, 1-4 p.m. at the Officers' Club. For more information or to register, call 751-4865.



CONTACTING THE LEADER

To contact the *Leader* about story ideas or announcements, e-mail *FJLeader@conus.army.mil*.



Schmitt: Be good at what you do



Photo by DELAWESE FULTON

Command Sgt. Maj. Karl Schmitt, left, presents Soldiers of the 171st Infantry Brigade coins, recognizing their service and hard work in coordinating a recent golf tournament at Fort Jackson.

Rank, name
Command Sgt. Maj. Karl Schmitt

Unit
171st Infantry Brigade

Military Occupational Specialty / Job title
00Z, command sergeant major

Years in service
24 years

Family
Married with four children

Highest education
Pursuing a master’s degree in business

Hobbies
Golf and restoring old cars

NCO spotlight

Command Sgt. Major Karl Schmitt has three important goals in life.

“...To be a good husband, a good father and a positive role model for younger Soldiers,” he said.

Schmitt is a staunch believer of the adage that tells us we should leave a place, a community, better than what we found it. He also believes in strong, effective leadership.

Ironically, Schmitt said it has been his experiences with bad leadership that have most influenced his military career.

“I learned so much from bad experiences ... I remember how it was to have bad leadership. And it drove me to become a good leader. ... We, as leaders, should provide the opportunity for (our Soldiers)

to do well.”

During his more than two decades in the Army, Schmitt has had assignments at Camp Casey, South Korea; Fort Hood, Texas; Fort Leonard Wood, Mo.; Wiesbaden and Pirmasens, Germany; and Fort Bliss, Texas. He has also deployed to Iraq.

Schmitt took over as 171st Infantry Brigade command sergeant major in May. Only months into his assignment, he has already hit the ground running.

As a unit leader, Schmitt said he has observed that many Soldiers tend to be too focused on getting to the next grade.

He advises Soldiers to stay focused on their jobs and promotions will come.

“Whatever your job is, do that to the best of your ability. Don’t be overly concerned about promotion. Just be good at what you do,” Schmitt said.

We salute you!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

LEADER DEADLINES

- ❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 23 *Leader* must be submitted by today.
- ❑ Announcements are due one week before the scheduled publication. For example, an announcement for the July 23 *Leader* must be submitted by July 16.
- ❑ Send all submissions to FJLeader@conus.army.mil.

Organization ‘still serves America’

Bill Heil is the adjutant of American Legion Post 195 in Lugoff-Elgin. The American Legion is the world’s largest veterans organization with nearly 3 million members supporting 15,000 posts worldwide.

The organization is based on four pillars: A strong national security, taking care of veterans, mentoring our youth and promoting patriotism and honor. Congress chartered the American Legion in 1919 as a patriotic, wartime veteran’s organization devoted to helping others.

According to the American Legion brochure, “An American Legion Post is, basically Americans taking care of Americans,” but it is also an organization of veterans looking after current and future veterans.

The Troop Family Service program, or TS2, supports deployed troops, including members of the National Guard and Reserve. The “Heroes to Hometowns” serves as a transition program providing welcome home celebrations, housing assistance, vehicle adaptation, claims assistance, counseling education and family support for severely injured service members returning home from Iraq and Afghanistan. The American Legion provides financial assistance to help meet the basic needs, (food, shelter, medical) for veterans’ children when parents are no longer able to provide for them.

The Americanism program sponsors American Legion Baseball, Boys State/National, High School Oratorical Competitions, Scouting, Flag Education, and Junior Shooting Sports. They also sponsor the Junior Law Cadet Program and ROTC Recognition programs. In addition, Samsung American Legion Legacy Scholarships provide for students who are lineal descendants of U.S. wartime veterans who qualify.

The children of service members who have died on

VETTING VETERANS

By **TERESA SANDERSON**
Leader correspondent



active duty since Sept. 11 may apply for the American Legacy Scholarship. In the community, the American Legion works with Children’s Miracle Network, Ronald McDonald House, and Operation Military Kids.

On Fort Jackson, American Legion Post 195 has adopted the 2nd Battalion, 39th Infantry Regiment and works to support young Soldiers. Members of the group attend graduations, changes of command, formals, and other functions. Lt. Col. Collin Fortier, battalion commander said, “... members never miss a chance to interact with the Army’s newest Soldiers lending and encouraging word and reminding them that Americans love, support and appreciate their service.”

He also believes “The legion is a great addition to our battalion’s family.” He said he hopes he can be as supportive, loyal and encouraging as they have been.

The organization also works with Task Force Marshall at McCrady Training Center, giving moral support to troops as they deploy and redeploy. In addition, Legionnaires have adopted the National Guard Armory in Camden and serve food at Christmas dinners and picnics.

The Junior ROTC at Lugoff-Elgin High School provides the colors for the meetings and in return, the mem-

bers sponsor them in local parades and attend their military balls. Post 195 provides military funeral details with full honors. At the Fort Jackson National Cemetery, the Legion is designated to place flags on the graves on Memorial Day. Post 195 members also dispose of old flags.

The Legion sponsors the Alston-Wilkes halfway house in Columbia, which helps veterans who are homeless, drug addicts or alcoholics. They also collect shoeboxes full of personal grooming items for veterans at the Dorn Medical Center.

Another component of the Legion is the American Legion Riders. These motorcyclists are highly visible at many activities offered by the posts. The Legion is even visible in NASCAR, where the Team Johnson Motorsports sponsors the American Legion NASCAR Bush Series racecar.

It is no wonder the motto of American Legion Post 195 is “Still Serving America.” Membership is open to anyone on active duty, and those who have served during eligible war years. Female veterans are also welcome to join the American Legion.

The American Legion Auxiliary is composed of some amazing women who want to serve and help Soldiers, veterans and others in the community. Nancy Heil is the past state president for and past National Executive Committee chairwoman for the Auxiliary. Bill is a past Zone 4 commander and District 11 commander for the state. Go to www.legion.org for membership details or contact Bill Heil at 803-438-8614 or BillHeil@bell-south.net.

I am proud to know Bill and Nancy Heil and the members of Post 195. They are truly outstanding Americans still serving Fort Jackson, the community and the country.

Couple’s support of Fort Jackson, Soldiers has no boundaries

By **TERESA SANDERSON**
Leader correspondent

Imagine a young Soldier sitting on an airplane after a long deployment. All of his buddies are excited about meeting family and friends when they get off the plane. However, this particular Soldier knows his family will not be able to attend the Welcome Home ceremony and he is feeling low.

As he steps off the plane, someone shakes his hand, gives him a goody bag and thanks him for a job well done. He feels appreciated and happy.

In a quiet room at the Dorn VA Medical Center, a veteran wonders why he hasn’t had a visitor in weeks. He begins to feel forgotten and alone. A couple of smiling faces appear in his doorway carrying a shoe box full of goodies.

“How are you doing today?” one of them asks. Immediately, the veteran

smiles and his day is brighter because he feels that somebody cares.

The faces behind all of these kind gestures are Bill and Nancy Heil.

I met Bill Heil at a reception last summer shortly after arriving on post.

Bill was born in Cincinnati in 1942. He moved to Georgia in 1964 and came to South Carolina in 1967. Bill joined the Army in 1968, and did his basic training at Fort Jackson.

He went on to serve in the active-duty until 1970, when he left active duty and returned to South Carolina where he joined the Army Reserve for four years. Later, from 1980-1982, he served in the



NANCY AND BILL HEIL

Army National Guard.

Upon leaving the National Guard, he became a shoe buyer for J.B. White, where he worked until his retirement in 2004. Retirement may be the wrong word, because Bill heeded the call to

serve his community and his nation again when he joined the American Legion.

After meeting Bill at the reception, I began to see Bill, his wife, Nancy, and other members of the Lugoff-Elgin Post 195 everywhere I went.

They were at graduations, music shows, opening of the National Cemetery, changes of commands, ceremonies, formals and many other events. I soon

realized that they were some of Fort Jackson’s biggest supporters.

Bill and Nancy always have friendly smiles, warm handshakes and big bear hugs for friends and Soldiers alike. They exude an overwhelming sense of appreciation and gratitude for our Soldiers.

Bill and Nancy keep an impressive schedule of community service, not only on the post, but in the community as well. Bill is also a member of the Elks Lodge, the VFW, and is an honorary member of Task Force Marshall, the Buffalo Soldiers and a lifetime member of the Non Commissioned Officers Association. Nancy serves faithfully as a member of the American Legion Auxiliary.

My life has become richer and happier because I know them, and the other members of American Legion Post 195.

Bill’s best advice is: “Keep your morale high and think positive.”

Respite care for families available through EFMP

Caring for a loved one with special physical, emotional or mental needs can put a strain on not only the caregiver, but other members of the family.

Through the Exceptional Family Member Program and the Army Family Covenant, families enrolled in EFMP can now get up to 40 hours a month of respite care.

“Respite care funds are available to family members with special needs who are enrolled in the Exceptional Family Member Program and who meet specific medical criteria,” said Cheryl Jackson, EFMP director. “The Soldier or spouse can contact Army Community Service EFMP staff for an assessment and obtain the enrollment and medical forms needed to apply.”

Respite care provides temporary relief to both families and caregivers, thus allowing them to rest and relax; engage in other daily activities; cope with additional daily responsibilities; and grow and stabilize the family unit. In addition, respite care services can be targeted to specific disabilities.

Respite care is available both on-and off-post and can be used for a variety of needs.

EFMP is a mandatory enrollment program designed to inform the Army of family members with special needs. The program works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs.

Army Family Covenant

THERESA O'HAGAN

Family and Morale, Welfare and Recreation

An Exceptional Family Member is any qualifying family member — child or adult — with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling.

Fort Jackson has approximately 1,200 family members with special needs. Armywide there are more than 100,000 family members enrolled in EFMP.

EFMP can assist Soldiers and family members with:

Finding on-post and community special needs services, programs and activities (to include summer camps); training classes and workshops; linking families with families with like special needs situations; respite care; information on public laws; EFMP support group and links to other support groups in the local community; information and links to services at other installations; assistance with exception to policy for housing; early intervention referrals; service coordination for individualized education plans.

For more information call Army Community Service at 751-5256 or visit www.militaryhomefront.dod.mil/efm or www.myarmylifetoo.com.

FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m. to 1:30 p.m. for specials or the buffet.

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

TUESDAY

- ☐ Get golf ready, Lesson 5, 5:00-7 p.m., Fort Jackson Golf Club range. Sign up for a free lesson, 5-7 p.m.
- ☐ Pitch, putt and drive contest, 8-11 a.m., Fort Jackson Golf Club, range and putting green.

WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.

ANNOUNCEMENTS

- ☐ Perez Gym will be undergoing painting through Monday. During this time, patrons can expect some disruptions in use of the indoor track, select weight equipment and cardio machines. The entire free weight area will be closed Friday-Monday. For information, call 751-6258.

ONGOING OFFERS

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.



Recurring meetings

WEEKLY

Walking away stress
Mondays and Fridays, 9 a.m. at the pecan orchard near the post office on Early Street, 751-6325.

Play group
Mondays, 10-11:45 a.m., 5615 Hood St., Room 8, for children 4 and younger, 751-1071/6304.

Range control briefing
Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)
Mondays, 6:30 p.m., Owens Field, main conference room. E-mail *tom.alsup@gmail.com* or visit *www.scwg.cap.gov*.

Helping Everyone Reach Optimum Strength
Tuesdays, 5-6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Protestant Women of the Chapel
Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *pwocjackson@yahoo.com*.

Military Widows/Widowers Association
Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Ladies Auxiliary
Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Fort Jackson Bass Club
First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit *www.jacksonanglers.com*.

Seabees
Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641
Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group
First Tuesday of the month, 10 a.m. to noon, 5615 Hood St., Room 8, 751-5256/6325.

Sergeant Audie Murphy Club
First Tuesday of the month, 11:30 a.m., Post Conference Room, *www.jackson.army.mil/360/SA MC/home.htm*.

American Legion Post 182
First Tuesday of the month, 7 p.m., Officers' Club, 351-2333.

National Federation of Federal Employees
Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or *NFFE@conus.army.mil*.

Disabled American Veterans
Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202
Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Vietnam Veterans of America Chapter 303
Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402
Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers
First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club
First and third Thursdays of the month, 5 p.m., Magruder's Club. E-mail *sec@ffvictoryriders.com*.

Weight Loss Surgery Support Group
Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.
Second and fourth Tuesday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Society of American Military Engineers
Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training
Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association
Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, call 740-2319 or e-mail *jrodgers11@sc.rr.com*.

92nd Buffalo Chapter 20 DAV
Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

U.S. Navy Sea Cadets
Third weekend of the month, for 11-18 year olds, 622-8707.

Fort Jackson Spouses' Club
Monthly meetings, visit *www.fortjacksonspousesclub.com* or e-mail *Ft.JacksonSpousesclub@yahoo.com*.

Veterans of Foreign Wars Gandy-Griffin Post 4262
Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

The Ladies Auxiliary Post 4262
Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

American Red Cross
New adult volunteers orientation is the second Wednesday of the month from 9 a.m. to noon, 2179 Sumter Ave., 571-4329.

Combat Vets Motorcycle Association
Third Sunday of the month at noon. Call (774) 451-7504, e-mail *armyaguiar@yahoo.com* or visit *www.combat-vet.org*.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to *ffleader@conus.army.mil*.

Installation Action Council tackles issues

The third quarter Installation Action Council convened June 22 in the Post Conference Room. The purpose of the meeting was to examine issues affecting military quality of life as identified by the Community FIRST issue resolution process and the Army Family Action Plan annual conference.

The council was chaired by the deputy garrison commander and comprised representatives from both corporate and constituency groups. Several community members were also in attendance.


Highlights from the IAC include:

- Overall customer satisfaction ratings for Fort Jackson, as generated by Interactive Customer Evaluation, remains at 96 percent with more than 23,000 submissions to date.
- Six constituent-based focus groups, including the annual AFAP conference in March, were conducted this fiscal year. At least three focus groups are pending and will be conducted in the fourth quarter: WTU teens, and drill sergeant spouses.
- Total issue submissions since the inception of Community FIRST is 759. Of that amount, 612 have been completed, 71 were voted unattainable and 76 are active. The active issues were broken down by directorate or organization.

Third quarter update:

- Seventeen issue submissions were received in the third quarter. Of those, 12 are still active and are included in the count of 76. Five have been completed.

CUSTOMER SERVICE CORNER
By VERONICA PATRICK
Community FIRST Coordinator



- Participants were updated on the status of issues previously forwarded to AFAP. Two issues were voted unattainable by headquarters DA.
- The six active issues are: benefits for military technicians; Reserve Soldiers’ ineligibility for ACS EFMP program; off-post access to on-post schools; TRICARE Prime for college students; retiree and family medical/dental entitlements; and dual insurance.

These AFAP issues are either being staffed for submittal to TRADOC or are pending disposition from HQDA.

Participants also discussed the 76 active issues. The following issues were voted for forwarding to AFAP: RESUMIX is not user-friendly; record-keeping for intermittent days worked; and reinstatement eligibility for spouses.

The following issues were voted unattainable: potential bias with NSPS pay pool; pay grade for licensed practical nurses; financial assistance for active-duty families to visit

home; variations in FMWR program fees; inconsistent heating and cooling of post facilities; and lack of parking in transient and school areas.

Because of time constraints, active issues pertaining to the installation housing office, Moncrief Army Community Hospital and the legal office were tabled. Those issues will be discussed at the fourth quarter IAC, scheduled for Sept. 17. Anyone who lives, works, trains or engages in recreational activities on Fort Jackson can attend.

Questions regarding the IAC or the status of Community FIRST issues may be directed to Customer Management Services at 751-4926 or 751-3425.

Let your voice be heard!

ICE APPRECIATION

The garrison congratulates the American Red Cross and the Safety Center. They earned a 5.0 and a 4.8 percent rating, respectively, out of a possible 5.0 in employee/staff attitude over a 12-week period. This is outstanding performance in customer service.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST/AFAP logo.

HAPPENINGS

Calendar

Sunday
Sunday Worship Concert series
9:30-11 a.m., Solomon Center
Philip Bardowell performing.

Wednesday
Violence in the Workplace training
9-10 a.m. or 1-2 p.m.
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

Friday, July 17
Chaplain Corps Regimental Ball
5:30 p.m., NCO Club
Sgt. Maj. Tommy Marrero, chief of chaplains and regimental sergeant major, is guest speaker. Tickets are \$25.
For more information, or to RSVP, call 751-8871.

Wednesday, July 22
Red Cross Bloodmobile blood drive
9 a.m. to 2 p.m.
MACH main entrance parking lot
All donors will be entered into a drawing for a \$1,000 gas card.

Announcements

RRS TOY DRIVE
The Recruiting and Retention School Community Outreach Committee will be collecting stuffed animals today through July 11 as part of their ongoing work with the Palmetto Health Children’s Hospital.
A bin will be located outside of the Main PX to collect stuffed animal donations. The toys will be distributed among the patients as a form of comfort during treatment.
The toy drive is just one of many community projects the Community Outreach Committee has volunteered with since its inception.

PAY OFFICE RELOCATION
The Defense Military Pay Office, Separations Branch, has relocated to Room 240 of the Strom Thurmond Building. The office hours are 7:30 a.m. to 4 p.m. For more information, call 751-5243.

CHAPEL POSITIONS AVAILABLE
Several Chaplain’s Fund Non-personal Service contracting opportunities are available at the Daniel Circle Chapel. Master musician; director of music; drummer; keyboard/pianist; special event coordinator; and audio technician. Bids must be in by Aug. 3. Call 751-4478/1297 for information.

CERTIFICHECK EXTENSION
Authorized patrons who were deployed or away on temporary duty from March 6-July 31 will have more time to

redeem commissary CertifiCheck gift certificates. Customers have until July 31, 2010 to redeem gift certificates in a military commissary. Customers who were not deployed or on temporary duty during that time period must redeem certificates by July 31.

HERITAGE AWARD
Nominations for the 2009 Diversity Military World Heritage Award are being accepted until Wednesday. The award is open to active-duty Soldiers and National Guard service members. For more information call 751-2990 or e-mail Janeen.Simmons@conus.army.mil.

T-SHIRT DESIGN CONTEST
The Family Advocacy Program is conducting a T-shirt logo design contest for Soldiers. The design should focus on the theme: “Let’s talk about it, not fight about it.” The winner will have his or her entry made into a shirt, and receive an iPod Touch. The shirts will be distributed during October, which is Domestic Violence Awareness Month. Contest entries can be submitted until Aug. 31 at the FAP office in Room 218 of the Strom Thurmond Building.

CIB MEETING
The Combat Infantryman Badge Association will meet 7 p.m., Tuesday at the American Legion Post 6, 200 Pickens St. Active-duty CIB recipients are invited to attend. Call 351-2333 for information.

SALEM ROAD CLOSURE
Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb’s Pond Road until Aug. 16 while the bridge is being replaced.

SPEAK OUT FOR MILITARY KIDS
The South Carolina Operation Military Kids will be conducting four one-day events. Select participants from those events will also be invited to participate in a three-day event for additional training. The four event locations are:
Tuesday — Fort Jackson
July 24 — Beaufort Marine Corps Air Station
July 30 — Charleston Air Force Base
All workshops are 9 a.m. to 4:30 p.m. Teenagers, 13-18, are invited to participate. For information call 773-5561 or e-mail Woodrow@clemson.edu.

WOUNDED WARRIORS’ RETREAT
South Carolina National Guard, Soldier Family Assistance Center and the American Red Cross are hosting a Wounded Warriors’ Retreat Aug. 14-16 at Bethelwoods Camp in York.
This free event for wounded Warriors and their families will be filled on a first come basis. Register by tomorrow. Contact 806-1641 or www.guardfamily.org for information.

Sports shorts

GOLF MEETING
A captain’s meeting for intramural and recreational golf is scheduled for today. The season begins Tuesday.

SMALL GAMES TOURNAMENT
Small Games, July 23, Magruder’s Pub. The tournament is for active-duty service members only. Register by 3 p.m., July 16. Games include 8-ball, table tennis, arm wrestling, darts and hot shot basketball. Soldiers can participate in one event only.

ARMY 10-MILER
The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The runners will begin at Patton Stadium Gate on Kershaw and will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

CoC/CoR ceremonies

Friday, July 10
Change of Command
187th Ordnance Battalion
8 a.m., Darby Field
Lt. Col. Christopher Richardson will relinquish command to Lt. Col. Darrell Aubrey.

Wednesday, July 15
Change of Command
2nd Battalion, 13th Infantry Division
(In case of inclement weather, the ceremony will be at the Solomon Center.)
8 a.m., Darby Field
Lt. Col. Michael Davey will relinquish command to Lt. Col. Michael Peters.

Thursday, July 16
Change of Responsibility
U.S. Army Chaplain Center and School
9 a.m., USACHCS
Command Sgt. Maj. Bridgette Smith will relinquish responsibility to Command Sgt. Maj. Marylena McCrimmon.

Housing events

Tuesday
National Hot Dog Day
Noon to 2 p.m.
Stop by the office to celebrate with free hot dogs.

Thursday, July 16
Pen Pal Club
1-3 p.m.
Get together to write to pen pals at Fort Gordon.

Friday, July 17
Friday Night Live
6-8 p.m.
This month’s event is a basketball challenge, Teens v. MPs.

Pet of the Week



Photos by OITHIP PICKERT
A 1-year-old mixed breed male dog is looking for a home. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Monday, July 20
Neighborhood Watch
5:30 p.m.
Be a part of the new Neighborhood Watch program with Balfour Beatty and the Directorate of Emergency Services.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call Courtney Williams at 738-8275.

Off-post events

LET’S SPEAK ENGLISH
The Richland County Public Library is hosting a “Let’s speak English,” 10-11 a.m., Wednesdays, through July 29, in the Main Library’s Bank of America Conference Room. Call 929-3457 to register for the free program.

SUMMER FAMILY FUN ZONE
The Columbia Aglow Community Lighthouse Summer Family Fun Zone is scheduled for 10 a.m. to 1 p.m., Saturday, at the Pacific Park Community Center, 200 Wayne St. Call 781-6101 for information.

PALMETTO PAINTERS MEETING
Palmetto Painters will meet 10 a.m., Saturday, at the Lexington County Library, 5440 August Road. The program will be a seashell ornament painted in acrylics. Call 781-2340 or visit www.palmettopainters.com.

VACATION BIBLE SCHOOL
Saint David’s Episcopal Church is hosting “Crocodile Dock, spreading God’s Light in the World” Vacation Bible School July 13-17, 9 a.m.-noon. Children through fifth grade can attend. The minimum age is three. To sign up, call 736-0866 or visit www.StDavidsColumbia.org.



Happy birthday, America

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

Thousands of Soldiers, families and members of the local community celebrated the Fourth of July a day early at this year's Torchlight Tattoo at Hilton Field.

An estimated 28,000 people attended the annual event.

The 282nd Army "Victory" Band started the festivities with a medley of patriotic and other songs. The band was also joined on stage by singers, the last being a Soldier who brought the Basic Combat Training Soldiers sitting on the field to their feet with his rendition of Toby Keith's "American Soldier."

As darkness enveloped the field, Soldiers began the traditional walk for which the event is named. Soldiers carrying torches, representing each of the country's 50 states, territories and the District of Columbia, were accompanied by another Soldier bearing the flag of the state being represented.

For Thomas Manigo, director of the Scales Child Development Center, the event was a "history lesson."

"It was very educational for me," he said.

Each state name was announced, punctuated with cannon fire and cheers from the crowd, in the order in which it became a state.

Although Manigo was among those CDC staffers overseeing the many children's games that day, his son, daughter-in-law and four grandchildren were also in attendance.

He said he enjoyed hosting the children's activities, which included a bounce house, temporary tattoos and crafts.

"I really enjoyed interacting with the kids. They were having fun, and I was excited," he said.

The night's grand finale was a 30-minute fireworks show.

Though Manigo had previously watched the show from afar, he said viewing it on Hilton Field was a nice experience.

"That was great," he said. "Just being around the people was really fantastic. (There is) nothing like being part of the crowd."

Crystal.Y.Brown@us.army.mil

Photos by CRYSTAL LEWIS BROWN

Left, A group of Soldiers representing the 50 states, U.S. territories and the District of Columbia hold torches during last week's Torchlight Tattoo. The torch bearers were joined by Soldiers holding each state's flag.

Below, Triston Wagenknecht, 5, waves an American flag as he watches a group of Soldiers pass. He and 8-month-old cousin, Sophia Arteaga-Griffith, watched last week's festivities from great-grandmother Carol Long's lap.



A cluster of multi-colored fireworks lights up the sky at this year's Torchlight Tattoo on Hilton Field. Almost 28,000 Soldiers, family members, civilians and local community members attended the July 3 event, which included a band concert. Although some attendees chose to sit in the stands, most sat in lawn chairs or on blankets on the grass to get a better view of the 30-minute fireworks show that served as the event's finale.

Medication may take fun out of sun

I was talking to a friend recently who was concerned about taking a certain prescription medicine. Although she needed the medicine, she did not want to take it because she was worried about the side effects, particularly sun sensitivity. As a regular sunbather, she just did not want anything in her life that interfered with her sunbathing.

Summer is a great time to have fun outdoors. However, it is also a time to take precautions to avoid sunburns, which increase the risk of skin cancer.

I informed my friend that skin cancer is the most common form of cancer in the United States. I also explained that exposure to the sun's ultraviolet rays appear to be the most important environmental factor involved with developing skin cancer.

As we talked, she told me about her medical problem. I asked her if she wanted her medical problem resolved. She said yes. I then recommended that she take a break from the sunbathing and take her medicine.

COMMENTARY

Kenneth Cobb

Moncrief Army Community Hospital

After weighing the pros and cons, she decided to take the medicine, protect herself from the sun when outside and refrain from sunbathing until she is finished taking the medicine.

It is important that all of us be aware of the sun's effects on some medicine. Some commonly used medicine can make your skin more sensitive to the sun's rays.

You may need to avoid sun exposure or be meticulous about using sunscreen and taking other protective measures. If you are taking medicine — even over-the-counter medicine — ask your doctor or pharmacist if it will make your skin sensitive. Medicine that may cause increased sun

sensitivity include:

Antibiotics, such as tetracycline; birth control pills; antihistamines; anti-hypertensive (blood pressure) medications; antidepressants; and pain relievers, such as ibuprofen and naproxen.

Taking sun protective measures will also help you prevent skin cancer and allow you to have fun outdoors:

— Seek shade, especially during midday hours (10 a.m. to 4 p.m.), when UV rays are strongest and can do the most damage.

— Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.

— Get a hat with a wide brim to shade the face, head, ears and neck.

— Wear shades that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.

— Use sunscreen with sun protective factor 15 or higher, and both UVA and UVB protection.

TRICARE encourages new parents to connect

From TRICARE Management Activity

Are you an expecting mom or new parent?

TRICARE encourages beneficiaries to use DoD's eCareConnect, a research-based health information service that helps military hospitals communicate more effectively with expectant parents and new families.

eCareConnect is a free service available at <https://www.theparentreview.com/DoD> that sends weekly e-mails customized to the stage of the beneficiary's pregnancy or parenthood.

Since 2006, more than 35,000 beneficiaries have signed up for this e-mail-based communication service currently available at 30 military hospitals. Hospital staff members can now communicate "need-to-know" information to all of these patients and connect with them every week.

"Pregnancy and child rearing are some of the highlights of adult life, but the tran-

sition associated with becoming parents or adapting to the parental role can be overwhelming," said Navy Lt. Cmdr. Sharon D. Evans, a perinatal nurse educator at the Naval Medical Center, Portsmouth, Va. "These reliable and regular communications can educate and support parents in ways we never dreamed possible and can make a difference for them right now."

Pregnant beneficiaries and new parents can benefit by subscribing to eCareConnect. Signing up offers beneficiaries the opportunity to take advantage of the valuable information and military hospital-specific updates included in the weekly e-mails.

Although Moncrief Army Community Hospital is not covered, interested parents can enroll in the DoD standard version.

For more information about TRICARE's maternity care go to <http://tricare.mil/mybenefit/home/LifeEvents> and click on the "Having a Baby or Adopting" tab.

MACH updates

NEW OUT-PROCESSING POLICY

Soldiers must now clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation.

The Soldiers' out-processing will include a review of medical records and provide an opportunity for the Soldier to receive behavioral health care or information at their gaining installation.

Out-processing hours are 8-11 a.m., Tuesday and 1-4 p.m., Thursday at Moncrief Army Community Hospital, room 7-90. For more information, call 751-2235.

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations tomorrow and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

To schedule an appointment, call 751-5406. Patients do not need a referral for an appointment.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the Referral Center at 751-2363

APPOINTMENT CANCELLATION

A phone number has been established for patients wishing to cancel appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

NUTRITION CLINIC

Patients who would like to see a dietitian for basic nutrition information, weight loss, or sports nutrition do not need a referral. Call the Nutrition Clinic at 751-2115 or the 751-CARE patient appointment line to book an appointment. For all other nutrition issues, patients will need a referral from their doctor. All patients will report to the Nutrition Clinic in Room 4-14 to check in.

DFAC CLOSURE

The Moncrief Army Community Hospital dining facility is closed for renovations. Hospital staff and visitors will be able to access the mobile-kitchen that will be located outside the third floor entrance of the hospital.

Starting Tuesday, the seating area of the dining facility will be open 6 a.m. to 6 p.m. Monday-Friday and 8 a.m. to 5:30 p.m. Saturday-Sunday. For more information, call 751-0208/2115.

Hours are Monday-Friday: 7-9 a.m. breakfast grab-n-go; 11:30 a.m. to 2p.m., lunch grab-n-go; 5-6 p.m. dinner. Saturday, Sunday and holidays: breakfast 8-11:15 a.m.; lunch, noon to 4:15 p.m.; dinner, 5-5:30 p.m.

MACH CLASSES SCHEDULE

☐ Diabetes, today, 8 a.m. to noon, Room 8-85.

☐ Active duty Weigh to Stay class, Monday, 1-3 p.m., Room 8-85

☐ Cholesterol and High Blood Pressure: July 16 and 23, 2-3 p.m., Room 8-85.

For appointments or registration call 751-2363 with a referral or 751-CARE without a referral, or call the nutrition clinic at 751-2489.

LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 23 *Leader* must be submitted today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the July 23 *Leader* must be submitted by July 16.

Send all submissions to FJLeader@conus.army.mil.

Programs offer e-learning options

From the Directorate of Human Resources

The Army e-Learning Program enables people to learn new skills by using the power of the Internet.

The program integrates multimedia, instructor-led, and real-time learning techniques into a facilitated, collaborative learning environment.

Army e-Learning employs a personalized, modular learning architecture, and is as current and as available as the Internet.

FREE COURSE OFFERINGS

The program provides more than 3,000 free courses to Army active duty, National Guard and Reserve Soldiers, Individual Ready Reserve Soldiers, ROTC cadets and DA civilians. In order to register for Army e-Learning courses, use your Army Knowledge Online account and login at: <https://usarmy.skillport.com>.

There are 32 SkillSoft free course series in the Army e-Learning Program that have been recommended by the American Council of Education for college credits. The procedures and forms required to ob-

tain these credits are listed on the AKO, My Education and Army e-Learning portal page.

PROMOTION AND MENTORING

Soldiers can receive promotion points for hours of training. Soldiers must submit copies of their Army transcript to receive the points. The Army Transcript Registrar System can be accessed by logging onto AKO (<http://www.atrrs.army.mil>) and clicking on “my education,” scrolling down the page and, under self-service, clicking on the ATRRS online link. From the ATRRS screen, under student menu, click on individual training record.

Mentoring also is available to help with students’ studies through live chat, discussion groups and e-mail.

For a list of courses or other information, visit the Distributed Learning Center at the Army Continuing Education System Center, 4600 Strom Thurmond Blvd., or call Jackie Cornish at 751-3988.

TESTING OPPORTUNITIES

The Defense Activity for Non-Tradi-

tional Education Support, or DANTES, is a testing service conducted by Educational Testing Service that also is available to Soldiers.

It is similar in many ways to the College Level Examination Program testing program and is another opportunity for obtaining credit for knowledge and skills acquired through non-traditional educational experiences.

The DANTES subject standardized tests are a series of about 35 tests in a wide range of introductory college-level academic, vocational/technical and business subjects.

The Army Continuing Education System is now a National Testing Center site through Midlands Technical College, offering 34 subject CLEP exams. Through this program, Soldiers are allowed to earn college credits by examination.

All CLEP exams are computerized. Computerization offers many benefits, including flexible test scheduling, instant scoring and credit-granting decisions, and enhanced test-development processes.

For more information, visit the Distributed Learning Center or call 751-5341.

ASAP calendar

☐ Violence in the Workplace training, Wednesday, 9-10 a.m. and 1-2 p.m.

The training will cover tips for employees, managers and supervisors on reducing the risk of violence in the workplace.

Class size is limited to 28 people. To reserve a seat, or for more information, call 751-5007.

☐ Alcohol and Drug Abuse Prevention and Training Program, July 20-21, 7:30 a.m. to 4:30 p.m.

A two-day class for anyone interested in learning more about alcohol and drug abuse. It is also for those who have had an alcohol or drug related incident who the commander feels could benefit from re-education.

☐ Unit Prevention Leader training, July 22-24, 7:30 a.m. to 4:30 p.m.

Required training for newly assigned unit prevention leader.

Includes training on drugs and alcohol, biochemical testing and substance abuse prevention.

Seating is limited, so get the request forms in early.

All Army Substance Abuse Program classes take place in the ASAP classroom, 3250 Sumter Ave.

For more information, call 751-5007.

Ministry teams reach out to help Soldiers

By **CHAPLAIN (CAPT.) IRIS DICKERSON**
Task Force Marshall

As an installation with multiple missions, we are often faced with numerous issues.

We take civilians and turn them into warriors. We then take those warriors and train them in specialized fields. We then mobilize and deploy those warriors into combat. We go even further by enhancing and advancing warriors in their careers where they then have the authority and responsibility to train, employ and deploy new warriors.

With each level of development there are personal, professional and spiritual issues. As members of Unit Ministry Teams, other chaplains and I have the important task of assisting warriors with their issues as we work alongside of the chain of command and professional services.

The main lesson learned after deploying to combat and

being mobilized here at Task Force Marshall is that there must be a community effort to take care of our warriors. When I say, “warriors,” I am referring to all components and branches working together under joint missions.

Each warrior deserves the same level of care. We can no longer survive with division in the military. A warrior is a warrior regardless of his or her branch or component.

Our warriors should feel that they are being treated well, regardless of whether they have served in combat or have always been in garrison.

The wounds that we carry are deep. And though some wounds are a result of being in combat, many are not. We can no longer place a bandage over the wounds in an attempt to cover or disguise what is truly hurting inside.

The time has come to give and receive help. The time has come to reach out. The time has come to talk it out. We have carried the pain far too long, and there may be no

more room inside. The hurt can, and has, blocked our progress in life. We have to rid ourselves of the demons and make room for our promising futures.

We have to worry less about what someone else may think of us or how others may categorize us, and concentrate more on spiritual, mental, personal and professional development.

Besides, when people judge you, they usually have their own skeletons rattling in the closet. There is not a person around us who does not face some giant in his or her life.

You are not alone. We can do this together.

The Unit Ministry Teams of Fort Jackson are reaching out to you. Take our hand and let’s face our giants together.

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:12)



PROTESTANT

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m. Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

Protestant Bible Study
■ Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
■ Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
■ Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
■ Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
■ Sunday
5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
■ Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

LUTHERAN/EPISCOPALIAN

- Sunday
8 a.m. Memorial Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
■ Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

New bill aims to protect credit card consumers

By CAPT. JOHN BATEMAN
Legal Assistance Attorney

On May 22, President Obama signed the Credit Card Accountability, Responsibility and Disclosure Act of 2009. The purpose of the act is to ban abusive credit practices, enhance consumer disclosures and protect underage consumers.

CONSUMER PROTECTION

The CARD Act provides new consumer protection requirements, including a provision that credit card companies must give an account holder at least 45 days notice prior to any changes in the terms of the consumer's cardholder agreement.

Additionally, periodic statements must be sent at least 21 days prior to the payment due date. While the CARD Act will become effective Feb. 22, these changes will go into effect Aug. 20.

Other consumer protection amendments include limitations on fees and interest charges, restrictions on penalty fees and requirements for period statements. Finally, credit card companies are forbidden from

opening a credit card account or extending a line of credit without considering the consumer's ability to make the minimum monthly payment.

ENHANCED DISCLOSURES

The act also sets forth new and revised mandatory disclosures that credit card companies must make related to consumer credit card accounts.

These disclosures include a warning that making only the minimum payment will increase the amount of interest paid and the amount of time required to pay off the balance.

A balance repayment table will also be included in credit card account statements. Additionally, credit card companies will be required to include on periodic statements, in a noticeable location, the payment deadline and date of any late fee that may be assessed.

Today, many credit card contracts are only available in hard copy and are not written in plain language. However, under the CARD Act, credit card companies are required to make these contracts available on

the internet in a usable format.

Additionally, credit card companies are required to give electronic copies of these agreements to the Federal Reserve Board, which will maintain an online, publicly available database of cardholder agreements.

PROTECTING YOUNG CONSUMERS

A third section of the act is aimed at protecting college students and young adults.

The CARD Act forbids credit card companies from issuing a credit card to a consumer younger than 21 unless the consumer has submitted a written application that includes either (1) a co-signer older than 21 indicating joint liability for repaying the debt until the consumer reaches 21, or (2) includes financial information indicating that the consumer has the means of repaying the debt.

Furthermore, any co-signer on an account where the primary cardholder is under the age of 21 must consent in writing to a credit line increase and further assume joint liability for such an increase.

An additional provision requires colleges and universities to publicly disclose any

credit card marketing contracts between the institution and any credit card issuer. Credit card companies are prohibited from offering a gift to induce a student to apply for a credit card if the offer is made on or near the institution's campus or at a school-sponsored event.

EXPIRATION DATES

Lastly, the CARD Act adds new restrictions on expiration dates for prepaid cards, store gift cards and gift certificates.

This provision of the act, which goes into effect August 2010, also limits the fees that may be charged in connection with certain prepaid cards, store gift cards and gift certificates.

The limitation includes prohibiting service charges or inactivity fees unless the gift card or certificate has been inactive for more than 12 months.

Most importantly, be an educated consumer and know your rights and responsibilities upon entering into a contract for a credit card. For more information regarding credit cards and consumer loans visit www.ftc.gov.

Weight program helps Soldiers comply with standards

By SGT. 1ST CLASS FAAPEPELE HUNKIN-TAJALLE
Assistant Inspector General

Spc. Good took his Army Physical Fitness Test two months ago. According to his weight requirements, Good was deemed overweight. After being taped, he was found to be 2 percent over his allowed body fat.

In accordance with AR 600-9, Good exceeds the body fat standards prescribed by gender and age. His company commander must now enter him in the Army Weight Control Program. Enrollment in the program starts the day the Soldier is informed by the commander. The Soldier is removed from the program once he or she achieves the standard.

At a minimum, a Soldier will be weighed during the APFT, or at least every six months. Besides being enrolled in the AWCP, the Soldier's records are flagged to prevent

re-enlistment, assignment to command positions, favorable actions such as awards and transfer to any professional schooling beyond initial entry training.

A Soldier who fails to make satisfactory progress toward weight or fat loss can be discharged from the Army under a separation action for failure to meet the weight control standard.

If the commander determines that the Soldier exceeds the body fat standard within 12 months after finishing the AWCP and no underlying or associated disease is found as the cause of the condition, the unit commander will initiate separation proceedings.

However, if the Soldier is determined to exceed the body fat standard and the condition is caused by an underlying or associated disease, action will be taken.

When a Soldier is informed he or she is enrolled in the program, counseling can be done prior to or shortly after

entry into the program. The regulation contains sample counseling. As appropriate, counseling is provided by health care personnel to help attain the Army's requirements.

The commander or supervisor will inform the Soldier in writing when a bar to re-enlistment or separation proceedings is being initiated unless a medical reason is found to preclude the loss of weight or there are other good causes to justify additional time in the AWCP.

The AWCP sets forth standards and provides incentives designed to motivate Soldiers to comply with Army standards.

Staying physically fit and losing weight to meet Army standards requires a commitment to a healthy diet and a regular workout routine.

For more information on The Army Weight Control Program, reference AR 600-9.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief



the Main Exchange. Several items, worth \$65, were stolen, MPs said.

CASES OF THE WEEK



❑ A Soldier was charged with assault after striking another Soldier in the back with a closed fist. The two Soldiers were arguing when the Soldier who was struck called the other a derogatory name, Military Police said.

❑ A family member was banned from using an AAFES store for one year after being arrested in connection with a theft at


❑ A Soldier was arrested after kicking another Soldier’s car, damaging the rear driver’s side panel and the passenger front door. The incident occurred as a result of a an argument the Soldiers had previously, MPs said.



A REMINDER from the fort Jackson bicycle patrol that helmets are required for any riding activity on fort Jackson.



All parts of the helmet work together to help prevent injury.



Every approved helmet contains a dense liner that absorbs most of the energy upon impact.

The straps and buckle keep the helmet secure during a crash.

Knowing state requirements eases PCS school transition

By **KEISHA MCCOY-WILSON**
School liaison officer

Military families often experience multiple moves throughout their military career. With these moves, families must adapt to changes that occur when moving from one state and one school system with varying policies to another.

Transitioning parents must be informed of the requirements of each state. Effective communication is crucial as military families PCS to the receiving installation and its supporting school districts.

WHAT SHOULD TRANSITIONING PARENTS LOOK FOR?

Because each child is different and unique, parents must find schools that interconnect with their child’s interests while adhering to state requirements. One resource to help parents do just that is *www.greatschools.net*.

According to the site, its mission is “to improve K-12 education by inspiring par-

ents to get involved.”

This Web site also helps parents choose the best schools by providing comprehensive profiles for more than 120,000 schools nationwide including exclusive ratings, parent reviews and search and compare tools.

When choosing a school district, there are a few key items parents should know.

Sept. 1 is South Carolina’s cut-off date for kindergarten admission; school size; how the school transfers and interprets academic records; school calendars; participation requirements in extra-curricular activities; and graduation requirements.

WHAT DOCUMENTS SHOULD PARENTS HAVE WHEN ENROLLING THEIR CHILDREN?

- ❑ From the parent/guardian:
 - Student’s birth certificate
 - Student’s Social Security number
 - Student’s health record (immunizations, etc.)
 - Legal documents, as needed

- Proof of residency/military orders
 - ❑ School information:
 - Address, phone numbers, other contact information
 - Copy of unofficial school records (only the copy mailed between schools is considered official)
 - Last report card
 - ❑ Special programs records, as appropriate:
 - Individual Education Plan/Individual Accommodation Plan (504)/gifted program description
 - English as a Second Language or bilingual education
 - ❑ Activities records (co-/extracurricular)
 - Community service or service learning
 - Other work or performance examples
 - Academic recognition and competition participation
- For more information on what school your child is zoned for, call 751-6150.

Schoolhouse notes

PROOF OF RESIDENCY

❑ Richland Two is now verifying addresses of all K-12 students. Addresses must be verified prior to Aug. 3. All kindergartners and students new to the district must provide three verifying documents of residency. Currently enrolled students must provide one verifying document. Acceptable proof includes, a current electric bill, water bill, cable/satellite bill and lease agreement. Visit *www.richland2.org* for information, or contact your child’s school or Roger Wiley, district registrar, 738-3314.

SENIOR STABILIZATION POLICY

❑ Soldiers can request to remain at their current duty location until a child has graduated high school. Requests are accepted through Sept. 1 of the student’s junior year. For more information, call 703-325-4422/5191 or 751-6150.

ADOPT-A-SCHOOL

❑ The Adopt-A-School program is in need of units interested in participating by volunteering in local on- and off-post schools. Adopt-A-School is an authorized program in accordance with AR 360-6, Army Community Relations. For information, call 751-6150.